

# Claims

- [c1] 1.A method of enhancing the frequency and intensity of lucidity in dreaming comprising:  
administering to an individual any of a class of substances that intensify REM sleep via the Acetylcholine esterase inhibitor class of drugs.
- [c2] 2.A method according to claim 1 wherein said inhibitor is selected from the group consisting of physostigmine, tetrahydroaminoacridine, tacrine, citicoline, velnacrine maleate, metrifonate, and heptastigmine, heptylphysostigmine, rivastigmine, donepezil, proserin, neostygmin, galantamine, nivalin, rivastimin, galantamine, codein, oxazyl, and Ambenonium chlorobenzylchloride.
- [c3] 3.A method according to claim 1 wherein said drug is administered at bedtime.
- [c4] 4.A method according to claim 1 wherein said method includes the simultaneous use of an electronic lucidity inducing device.
- [c5] 5: A method of enhancing the frequency and intensity of lucidity in dreaming comprising the step of administering to an individual any of a class of substances that intensify REM sleep;  
said class selected from the group consisting of Acetylcholine esterase inhibitors, cholinergic agonists, Muscarinic receptor

agonists, antagonist of presynaptic acetylcholine receptors, and allosteric modulators (such as allosterically potentiating ligands [APLs]) of acetylcholine and nicotinic receptors.

- [c6] 6. A method according to claim 5 wherein said substances are selected from the group consisting of Nicotine, Pilocarpine, Pilocarpine Hydrochloride, Arecoline, Recoline and Carbachol.
- [c7] 7. A method according to claim 1 wherein said allowing time for REM sleep to be intensified, whereby lucid dreaming is enhanced.
- [c8] 8. A method of enhancing the frequency and quality of lucidity in dreaming, the method comprising administering an amount of a acetylcholine esterase inhibitor containing a composition sufficient to provide the dream enhancing benefit.
- [c9] 9. A method of enhancing lucid dreaming comprising: administering to an individual at bedtime any of a class of substances that intensify REM sleep, including AChEIs (e.g., donepezil, rivastigmine, galantamine), cholinergic agonists (e.g., nicotine), and other classes of compound working in similar ways, allowing time for REM sleep to be intensified, whereby lucid dreaming is enhanced.
- [c10] 10. A method of enhancing lucid dreaming comprising: applying methods and procedures that intensify REM sleep, including total sleep deprivation, and selective REM

deprivation whether produced through behavioral manipulation (e.g., REM dependent awakening) or drugs suppressing REM sleep causing subsequent rebound (e.g, barbiturates and amphetamine derivatives), allowing time for REM sleep to be intensified, whereby lucid dreaming is enhanced.